



FREE WEBINAR:

Health & Fitness on the Spectrum

Thursday, August 9th from 12pm - 1pm



On **August 9th** from **12 pm to 1 pm**, join Daniel Roth for a discussion about the health risks facing individuals with developmental disabilities, why exercise should be a priority, and how to overcome the barriers to accessing and participating in healthy activities. Learn what makes for a successful exercise program and simple strategies to help get your family moving this summer.

This webinar will be presented in **English** but supporting documentation is available in **French**.



Daniel Roth is a personal trainer, strength and conditioning specialist, and behaviour therapist. He has been working with adults and youth with special needs and developmental disabilities for the past 10 years. He is the owner and director of Level Up Fitness Academy which specializes in creating fitness programs for individuals with developmental disabilities.

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